

MEETING OF THE WELLNESS SUBCOMMITTEE

Pawtucket School District

School Administration Building, 2nd Floor Conference Room

286 Main Street, Pawtucket, R1 02860

December 14,2011

Call to Order - Welcome

**The Wellness Subcommittee Meeting was called to order at 6:00 p.m.
by Joanne**

**Bonolio, Committee Chair. Ms, Bonollo welcomed attending new
member and parent, Jen**

**Ouellette, and regular committee members Linda Mendonca, Michael
Araujo, Sodexo**

**representative. Colleen Surette, and Miriam Plitt. Ronnie Cremonini
was also present.**

Public Participation - None.

Acceptance of Previous Meetings' Minutes -Tabled until next meeting.

Community Reports:

- Sodexo-Recent Activities/Coming Events - No Report**
- Blackstone Valley Community Health-Recent Activities/Coming
Events - No Report**
- Neighborhood Health Plan RI-Recent Activities/Coming Events - No
Report**
- Kids First-Recent Activities/Coming Events - No Report**

Old Business;

1. 5-4-3-2-1 Nutritional Initiative

Ms. Bonollo explained the program to new members, and the

Committee discussed the following ideas and future implementation of the 5-4-3-2-1 program in all PSD schools

(K-12):

a. Posters. Colleen asked if posters needed to be fireproofed because Sodexo was

asked to remove posters by the Fire Marshall from Shea High School if they were not fireproofed.

b. Jen Ouellette made the suggestion to ask School Student Councils to print posters.

c. Miriam Plitt had previously reviewed the program and created a marketing plan.

She asked if 5-4-3-2-1 had had a formal evaluation.

d. Joanne Bonollo will draft an official letter from the Wellness Committee to notify school administrators and email to each school principal.

e. Ronnie Cremonini and Dianna Liss will print the number posters for each school

during Winter break and Ronnie will forward them to principals for posting on

January 3, 2012. The kick-off will start with the number "5" and each week

countdown to number "1". Five or six posters for each number for each school will

be made to post: a) at the main entrance of the school, b) in the gym, c) by the nurse's office, d) in the library; and, e) in the cafeteria. Print on 8 x 11, white paper.

Prior to sending number posters, Ronnie needs to check with Joanne to ensure that

Ms. Bonollo has sent the formal email letter to school administrators.

f. Colleen Surette volunteered on behalf of Sodexo to make number stickers for

Sodexo staff workers to wear during the countdown.

g. Jen Ouellette indicated she has a very active PTA that may be interested in assisting.

Ms. Bonollo asked Jen to call each school and find out their PTA meeting dates for

January through May of 2012. Discussion took place with regard to the possibility of

the Wellness Committee meeting at different school locations.

h. In addition, it was suggested to utilize the district webpage, school calendars and the

Pawtucket Times with 5-4-3-2-1.

i. Mrs. Plitt asked about bringing the program to staff meetings, and Linda Mendonca

answered that by contract, only four staff meetings are held per year. Generally,

they are low in attendance and would be a limited resource.

j. For the kick-off, Joanne Bonollo asked Colleen Surette to create

pictures of glasses

of water, fruits, vegetables, low-fat dairy, a TV with a clock, etc., as well as a "new

plate" poster, which is replacing the traditional nutritional food group pyramid.

k. Mr. Araujo will research the negativity of screen time for children to ensure this

message is promoted accurately. Should offer alternatives in lieu of watching

television.

l. Involve the COZ program. Joanne Bonollo will contact Mary Parella.

m. After a fully-structured plan has been developed, the Wellness Committee could

branch out into the community. Contact Michael Davolio for his assistance.

n. Ms. Ouellette asked about school activity nights? Mr. Araujo thought while a great

idea, but it is not financially feasible due to custodial staffing. Perhaps could have a

night at Jenks that would be open to all schools.

o. Could ask the PawSox to sponsor an event that focuses on exercise. Perhaps use this

as a wind-down/closing event. Reach out to Ken Bowdish, Committee Member, to

see what is available.

p. Have tables at the Spring Carnival at Varieur and at the "Back to

school" in August.

2. Wellness Policy

Michael Araujo passed out a draft mission statement for review by committee

members. Members should email Mr. Araujo with changes and input, and he will incorporate

what he can and bring a new statement to the next meeting.

Linda Mendonca suggested that members consider the whole child, which equals the

areas of physical, social, emotional and academic.

Discussion took place regarding a timeline to present the new policy to the School

Committee. Consideration is being given to a tentative target date of the end of May. The

policy must have two readings and could be returned to the School Committee in September

for final approval.

Policy should include an addendum that references additional resources and direct the

reader to state/federal laws and BEP. The PSD website will include links. It was discussed that

with the revised Wellness Policy, all future state and/or federal regulations will automatically

be adopted.

Mr. Araujo will contact Solange Morrisette, Karin Wetherill and Ray

Pita regarding the mission statement and policy development. Linda Mendonca will contact Mr. Gomes.

3. Open Forum

Linda Mendonca called the Department of Health regarding availability of poster copies for "Cut Back the Sugar", and at this time, there are none. She also contacted Ronnie Sirota, RI Safe Routes to School Coordinator, to request grant cycles. Currently, there are no grants, and the only available money in the next few months has already been designated for strictly educational purposes. Linda will check back in a few months. Ms. Mendonca will follow-up with Mary Parella regarding backpacks, and Ms. Bonollo asked her to speak with Mary about recruiting a representative from COZ program to join the Wellness Committee.

Miriam Plitt reported on her workshop attendance, "Weighing In on Childhood Obesity in Rhode Island" hosted by the Junior League of Rhode Island, Inc. on November 18, 2011.

Jen Ouellette asked if Pawtucket has a Rotary Club peer mentorship program where students could speak to a mentor regarding stressors. Similar programs in Pawtucket and

within the school district were discussed.

The Wellness Committee applauded Linda Mendonca for recently being honored at the

Pawtucket Prevention Coalition "Academy Awards" on December 14, 2011 for her work and

contribution to, "steer children and teens away from drugs, alcohol and tobacco products and

toward making good lifestyle choices." Pawtucket Times, 12-14-11.

Set Next Meeting Date - Next meeting date will be Tuesday, January 17, 2012 at 6:00 p.m.

Adjournment-The meeting adjourned at 8:45 p.m.